

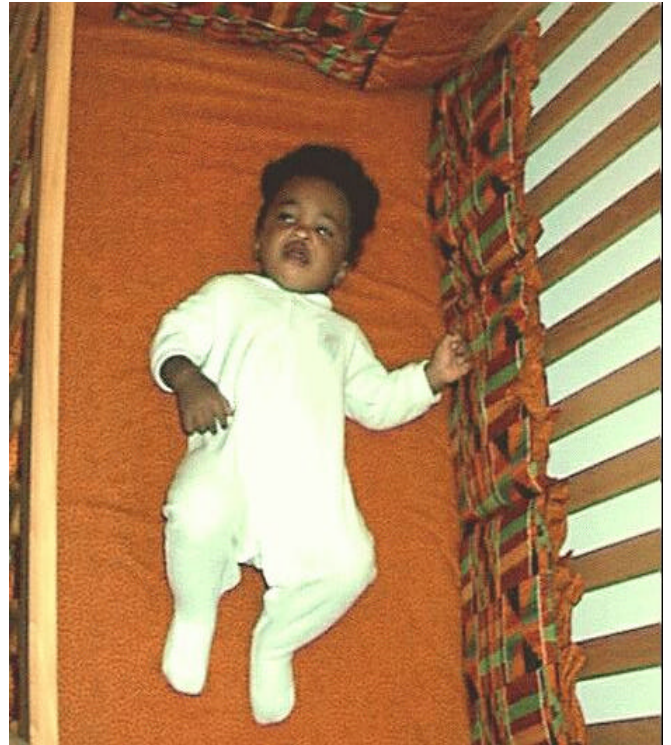
Safety Tips for Sleeping Babies

If your baby is under 12 months old, you can help prevent SIDS (Sudden Infant Death Syndrome), suffocation, and strangulation by following these three tips:

1. Place your baby to sleep on his or her back.
2. Remove all soft bedding from the crib.
3. Put your baby to sleep in a safe crib.

Why follow these tips?

1. Babies who sleep on their backs have a much lower risk of dying from SIDS and suffocation. African American babies die from SIDS at more than twice the rate of other babies.
2. A baby can suffocate from soft bedding in a crib. Be sure to remove all pillows, quilts, comforters, and sheepskins from your crib.
3. A safe crib is the best place for your baby to sleep. Make sure your crib has:



✓ no missing or broken hardware and slats no more than 2 3/8" apart

✓ no corner posts over 1/16" high

✓ no cutout designs in the headboard or foot board

✓ a firm, tight-fitting mattress

✓ a safety certification seal (on new cribs)



For more information, contact
U.S. Consumer Product Safety Commission
1-800-638-2772 or www.cpsc.gov

Bureau of Primary Health Care
Health Resources and Services Administration
U. S. Department of Health and Human Services
1-888-ASK-HRSA or www.bphc.hrsa.gov

